



**Adult Survivors of
Child Abuse (ASCA)
Global Newsletter**

Spring 2020

April is Child Abuse Awareness Month. In this Quarterly newsletter issue, we shine a light on Adult Survivors of Child Abuse through a special article written by Patrick Gannon, PhD, original artwork, and poetry.



In This Issue

Resilience: A special article written by Patrick Gannon, PhD

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Thank you for your support

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Original Artwork

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Original Poetry: A Haiku by Echosaisis

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Get involved

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Volunteer, comment, find us on Facebook

The Morris Center and the ASCA Program continue to grow worldwide with over 50 support group meetings. We need your help to reach more survivors. Please consider [volunteering](#), following us on [Facebook](#), or by making a [donation](#) in any requested amount that feels right for you. The Morris Center wants to remind all of you that you are awesome and appreciated.

[The Morris Center for Healing from Child Abuse](#)

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In our previous issue, we mentioned an incorrect date for Part II of our co-facilitator support group training. The correct dates both fall on Saturday: April 18th and April 25.

[send us an email if you are interested](#)



Building Resilience In The Face Of COVID-19

We can all agree that the corona-virus has altered our lives in many ways and probably more ways to come. This has caused significant stress that affects each of us in different ways- emotionally, financially, psychologically, family dynamics and occupational issues to name just a few.

Resilience is a process of adaptation to stressful events. Resilience is about learning how to rebound from adversity and emerge as a stronger person. But you must implement some of the changes that research is suggesting.

First, a comment about anxiety. Understand that the pandemic creates uncertainty and uncertainty causes anxiety. Many of us already have anxiety-20% of the American population have anxiety disorders. The uncertainty is likely to trigger more anxiety-unless you take active measures to push back. One of the best things you can do is adopt a daily exercise routine. Cardio exercise is the best natural treatment for anxiety. Walking, running, and biking either alone or with others at distance are all safe exercises that will not put you at risk.

Below is a summary of helpful suggestions drawn from several sources including the American Psychological Association's "The Road To Resilience" (2020).

Reach Out To Other People And Build Social Connections.

Accepting and giving help to others builds resilience through social connection. However, "sheltering in place" makes this more challenging because face to face contact is now risky. So, we have to adapt. Fortunately, we now have video communications technologies like FaceTime, Skype and Zoom that can make reaching out and connecting with others safe.

Avoid Seeing Crises as Insurmountable Problems

How are your perceptions about the pandemic impacting your mood? Negative perceptions can trigger negative mood states. Perceptions can feel like objective truth but in reality, they are highly subjective and vulnerable to personal biases especially when under stress. But, we can control how we interpret challenging situations. Be wary of extreme judgments about how this will all play out.

Accept That Change Is A Part Of Living

Some people have a hard time dealing with change. The pandemic has caused change that is impacting us every day. Don't fight the reality of

the virus and let it consume your thoughts. We must move forward and adapt to the new reality.

Move Toward Your Goals

The corona-virus might cause us to shift some of our immediate goals. Be realistic in adjusting your goals and tie them to specific actions you can take. Trying something new will give you a sense of control. Active engagement is a key element of resilience.

Take Decisive Actions

Take action on adverse situations rather than avoiding problems. Solve situational challenges that come up on a daily basis by being creative and flexible. Adopt a can-do approach to life.

Look For Opportunities for Self-Discovery

Many people who have experienced hardships have reported positive benefits-better relationships, greater self-worth or a heightened appreciation of life. Look for ways to take action that is new for you. Surprise yourself in a good way.

Nurture A Positive View of Yourself

We are all doing the best we can in these trying times. Let that feeling of self-acceptance settle in and provide a safe emotional haven. Recall your strengths based on past successes.

Keep Things In Perspective

Even when facing stressful times, try to consider the situation in a broader context. Hold a longer-term perspective. Times are hard right now but they will change. Don't let yourself get defined by your fears and anxieties.

Maintain A Hopeful Outlook

Protect your sense of hope. Maybe humanity can pull together and accept that we are all in this together. We must balance the threat of today with some hopefulness for tomorrow.

Take Care Of Yourself

Engage in activities that you enjoy. While the pandemic will restrict your choices, there are simple things you can do to nourish yourself-taking a warm bath, having a cup of tea, going for a walk, reading a good book, calling a friend, doing a home project, meditating, and listening to music.

Patrick Gannon, PhD is a clinical and performance psychologist in SF and lives in San Rafael.



We want to give a big **thank you** to everyone who has helped support The Norma J Morris Center For Healing From Child Abuse.



Arabic Calligraphy:
*"Live life carefree and vibrant.
Love yourself"*

Original water color and pen artwork,
by an Adult Survivor of Child Abuse

俳句

Haiku

*One day, so happy
Next day, hopeless and so sad
A mental illness*

*Blinding Aurora
A whole, confused ocean
Brings
Inside the sandstorm*

A Haiku poem
by Echosaisis



**Begin the conversation by helping those that need it most.
1 in 6 adults are survivors of child abuse.**

[Get involved](#)

Support The ASCA community

If you would like to [volunteer](#), have comments, or would like to provide supportive feedback for anyone featured in this newsletter, send an email to ascanewseditor@gmail.com. When providing supportive feedback, please remember to include that person's name in the subject line of your email. The Morris Center provides training, coaching and mentoring for Adult Survivors of Child Abuse who are interested in volunteering. New volunteers are always welcome.

Be featured in the ASCA Newsletter

Please submit: your own stories, photography, artwork, poetry and other self-expression, book reviews, and upcoming events to ascanewseditor@gmail.com.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.



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